

HealthEASE

This series of six health promotion topics targets older adults at all levels of the health spectrum. Each session includes specific actions that can be taken to improve health.

The six HealthEASE topics include:

1. Exercise and Getting Fit
2. Serving Up Good Nutrition
3. Bone Up on Your Health
4. Be Wise About Your Medications
5. Keeping Up the Beat
6. Maximizing Memory

Wednesdays: March 2nd, 9th, 16th, 23rd, 30th and April 6th
12 pm

Light snacks will be provided.

Please register: 732-418-2222
North Brunswick Senior Center
15 Linwood Place